

## Bird Flu Can Be Prevented...

- Poultry is safe to eat if cooked properly. Use a meat thermometer and cook to 165 degrees.
- Cooking meat well kills the germs in the meat.
- Avoid sick or dead birds, birds' blood, and bird droppings.
- Always wear gloves to handle a wild bird, even it does not appear sick.
- Monitor your health when traveling to bird flu-affected countries.



## Learn More . . .

The more you know about pandemic flu, the more you can help your family and your community to prepare. Learn more at these sites:

### **South Dakota Department of Health**

<http://flu.sd.gov/pandemic>

### **South Dakota Department of Game, Fish & Parks**

<http://www.sdgfp.info>

### **SDSU Cooperative Extension Service**

<http://agbiopubs.sdsstate.edu/articles/ExEx13001.pdf>

### **South Dakota Animal Industry Board**

<http://www.state.sd.us/aib/CurrentIssues.htm>

### **United States Department of Health & Human Services**

<http://www.pandemicflu.gov>

### **Centers for Disease Control & Prevention**

<http://www.cdc.gov/flu/>

I-800-CDC-INFO (232-4636)

1-888-232-6348 (TTY)



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<http://flu.sd.gov/pandemic>

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Preparing  
South Dakota

# What You Need to Know: Pandemic Flu and Bird Flu



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**South Dakota  
Department of Health**

## Pandemic Flu and Bird Flu

A pandemic is a worldwide outbreak that happens when a new flu virus develops. Because few people are immune to the new virus, it spreads easily and quickly. If it is a severe strain, many people could get sick and there could be many deaths.

### Is bird flu the same as pandemic flu?

No. Bird flu mostly infects poultry and some wild birds. A new bird flu called H5N1 has infected people in some parts of the world. But so far, it hasn't spread easily between people. People have been infected through close contact with infected poultry.

If a bird flu virus changes so it can spread easily between people, a flu pandemic could begin. No one can say when or even if this will happen.

**Currently, there is no pandemic flu anywhere in the world.**

### The health department and hospitals will take care of it—why do I need to worry?

A pandemic would affect everybody, not just health care. Travel could be restricted and public gatherings such as sporting events, movies, and even church could be interrupted. With as many as 25-50% of people sick, schools and businesses could be closed and basic services like utilities and transportation could be disrupted. Hospitals and clinics would be overloaded and food and other goods could be in short supply.

Yes, the state and federal governments are all preparing for a pandemic. It's important that schools, businesses, local governments, and even families and individuals do the same.

## What You Can Do to Prepare

Pandemic flu preparations are much the same as preparations you would make for any kind of emergency, such as a severe winter storm. Consider this basic checklist:

- Food and water:** Have a supply of drinking water and canned and dried food on hand, enough for two weeks. In a pandemic, disruptions in some services could be possible.
- Medication:** If you take medications or use medical supplies regularly, keep enough on hand for an extended stay at home (prescribed supplies such as glucose and blood-pressure monitoring equipment, medicines for fever, and anti-diarrheal medication). Talk to your provider about continuing dialysis, chemotherapy and other therapies in a pandemic.
- Personal items:** Extra supplies of soap, shampoo, toothpaste, toilet paper, cleaning supplies and activities for the kids could make extended time at home more comfortable.

**STOP IT**  
DON'T SPREAD IT

**Prevent flu, colds and other infectious diseases**

- + Get your flu shot +
- + Wash your hands often with soap & water +
- + Use hand gel +
- + If you cough or sneeze, cover your mouth +
- + Don't touch your eyes, nose or mouth +
- + If you're sick, stay home +

**A message from the S.D. Department of Health**

- Family emergency plan:** Talk to your family about emergency plans. Make sure you have a plan to check in with elderly parents and friends; that children know who to contact in an emergency; and that you know your family's medical histories, social security numbers, and other basic information.

Another important step you can take right now is to practice good personal hygiene. Basic personal hygiene can help prevent seasonal influenza, colds, and other respiratory diseases and will be even more important in a pandemic:

- Wash your hands** often with soap and water to protect against germs. Use alcohol-based hand gel if soap and water isn't available.
- If you cough or sneeze, **cover your mouth and nose with a tissue** to prevent those around you from getting sick.
- Don't touch your eyes, nose or mouth.** Germs spread when you touch something that is contaminated and then touch your eyes, nose or mouth.
- If you're sick, stay home** and keep your kids home when they're sick. Avoid close contact with people who are sick.
- Practice other **good health habits**—get plenty of sleep, be physically active, manage stress, drink plenty of fluids, eat nutritious foods, and avoid smoking (smoking may increase the risk of serious consequences if you do contract the flu).